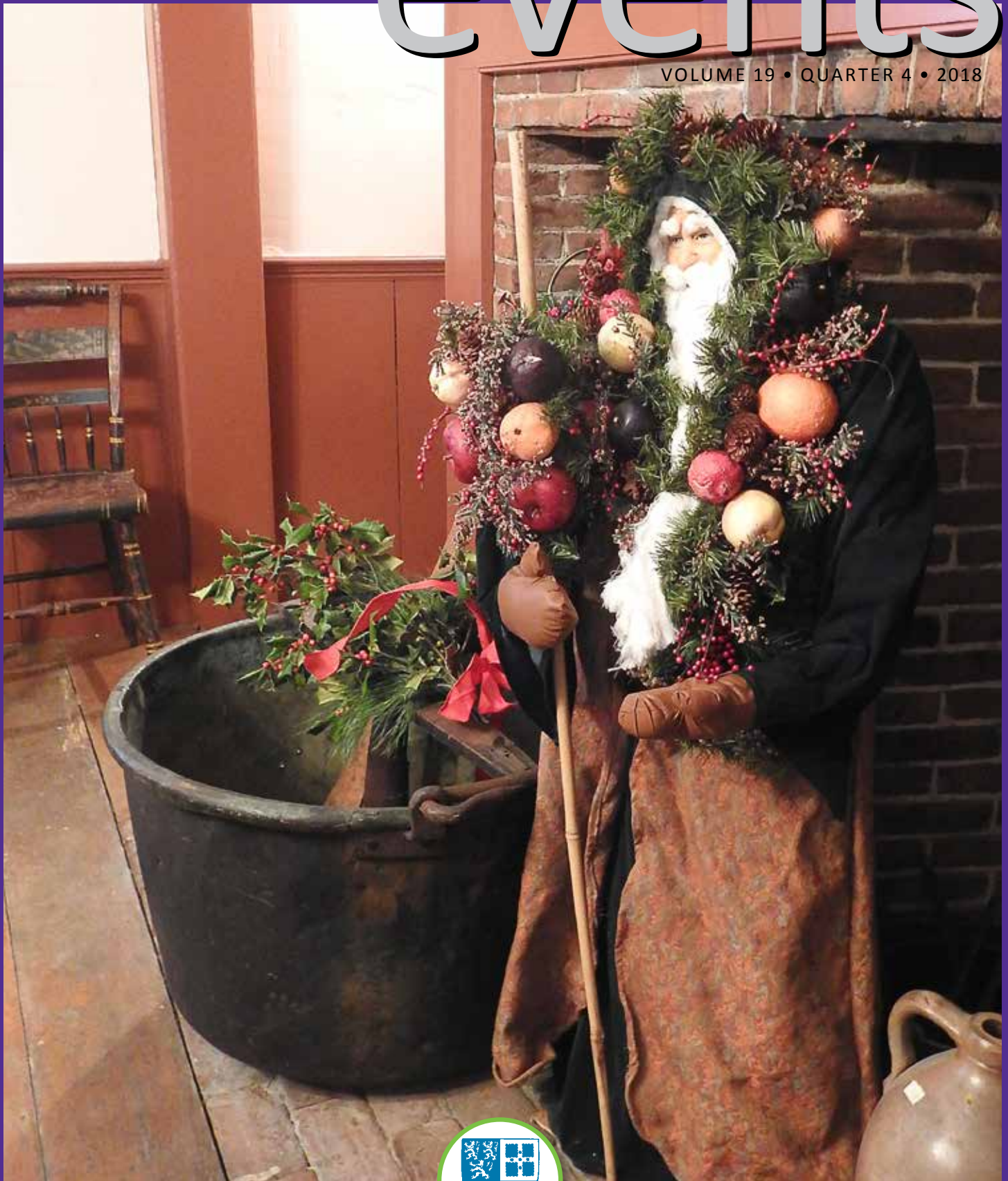


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The Selectmen's Corner

Happy fall from the The Board of Selectmen, which consists of First Selectman Carl P. Fortuna, Jr., and Selectmen Scott Giegerich and Carol Conklin. The winter is a great time to get outdoors. I hope you enjoy the season. We thank you for entrusting us with running your local government.

The financial results from the fiscal year 2017-18 are in and the Town of Old Saybrook continues to be one of the State of Connecticut's strongest performers. The Town under-expended its budget and exceeded expected revenues. We were able to continue adding to our financial reserves: our rainy day fund now stands at nearly 15% which is the minimum threshold recommended by most bond rating agencies. We used surplus funds for sidewalks and to fund a capital reserve fund for school projects. Long term planning continues so that we are able to "pay as you go" and we continue to see our bonded indebtedness falling. During these difficult financial times at the State level, it is more important than ever that Old Saybrook adheres to a fiscally prudent spending structure, but also one that properly funds current and future needs. The current 2018-19 budget for the Town does this AND delivered a reduction in taxes.

The Town of Old Saybrook achieved an award of high distinction recently by being named one of the first "Sustainable Connecticut Certified" communities in the State. Sustainable CT, a statewide

initiative that supports and recognizes sustainability action by Connecticut communities, was launched last year and announced its first group of certified towns recently. In its application for Sustainable CT certification, The Town of Old Saybrook demonstrated significant achievements in actions in nine sustainable impact areas ranging from thriving local economies and vibrant arts and culture to clean transportation and diverse housing. Old Saybrook's successfully completed actions included supporting the redevelopment of Brownfield Sites (Custom Marine Building), promoting the C-Pace Program, engaging in watershed protection and restoration, implementing low impact development, supporting the arts and creative culture, assessing climate vulnerability and implementing complete streets, amongst many other accomplishments. We will continue our work to maintain this certification and enhance the community in which we live. For more information, please visit Sustainablect.org.



First Selectman Carl P. Fortuna, Jr.

In a continuing effort to improve our quality of living in our town, **continued on page 3**



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CONTENTS

The Selectmen's Corner.....	1
Old Saybrook Honored for Sustainable CT Certification.....	4
Town Clerk's Office.....	6
Board of Selectmen News & Announcements.....	8
Request for Letters of Interest to Serve on a Town Agency	8
Economic Development - Mariner's Way Redevelopment Update.....	9
Pet Waste, Water Quality & Your Health: Why You Should Give a Bark.....	10
Natural Hazard Mitigation Plan Update	11
Snow & Ice Removal	12
Don't Be A Wishful Recycler.....	13
Recording Clerk Needed Part-Time.....	13
Social Services Help Day.....	14
Old Saybrook Parks and Recreation Department.....	15
Time to Winterize.....	17
2019 Nightingale Scholarship Appeal	18
Middlesex to Rebrand.....	19
Vista To Host Beethoven-Themed Public Art Series.....	20
THE BEACON.....	22
For the Love of Art	22
Save the Dates for the OSHS Musical: On the Town.....	22
Veterans Day at Old Saybrook Middle School.....	23
Veterans Honored at Old Saybrook High School.....	23
Acton Public Library	24
Friends of Acton Library.....	30
Old Saybrook Youth & Family Services	31
Old Saybrook Youth & Family Services Essential Life Skills Series.....	34
Diabetes and the Eye	35
Cypress Cemetery & the National Register of Historic Places	36
Old Saybrook Historical Society.....	38
Connecticut Cancer Foundation's Art Gallery.....	40
Old Saybrook Garden Club	41
Champagne & Sparkling Wine for the Holidays	42
The Last Word... Connecticut Cancer Foundation - John & Jane Ellis	44

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Selectmen's Corner... continued from page 1

we have commenced a major sidewalk overhaul. The heavily used sidewalks on Old Boston Post Road were the first to be repaired and the work will continue onto Main Street going towards Saybrook Point. This portion of the project allotted \$250,000 and was primarily funded from surplus funds from the 2017-18 budget. I am hopeful that we will continue this work in the summer of 2019. Old Saybrook's "walkability" is one of its attractions. Residents and non-residents drive from neighboring areas to visit our downtown and walk which leads to a busy downtown. Bringing residents downtown, and attracting visitors from out of town, is a goal of economic development.

And speaking of fun downtown activities, the Town had a ribbon cutting for its first official pickleball courts on November 1, 2018. Approximately 20 pickleballers came out to play and take part in the ceremony. The courts are located in the rear parcel of the new downtown parking lot across from The Kate. Pickleball is a fast paced and ever growing sport that appeals to all our town demographics. The installation of the courts essentially completes our downtown park, primarily funded through a \$500,000 State of CT grant. Let's not forget that five years ago, the empty and dilapidated old police station stood vacant on this lot. There is a demand for pickleball courts that leads me to believe that we will see steady play nearly year round. Grab your rackets and give it a try! It is lots of fun.

You may have noticed that the cupola at the top of the Chamber of Commerce has been missing. The reason: it was out for repairs all fall. Unfortunately, this town owned building needed significant cupola and roof repairs, a job that went out to bid in late summer. When completed, there will be new lighting for this iconic town building. The colors will change with the holidays, an added touch to spice up the head of Main Street. When this job is complete, the Town will next turn its attention to the repairs at The Katherine Hepburn Cultural Arts Center (The Kate). This building has significant decay and damage to the front load bearing pillars (6 of them) and the concrete pedestal on which they sit. Again, once completed, we will have restored this building for generations to come. The Kate has become so important to our vibrancy as a community. Over the last six months, nearly 40,000 people have come to The Kate for an event. 22% of the visitors are from Old Saybrook, which is a good indication of how this arts center helps our Main Street by bringing in visitors from all over the State. Starting in the spring of 2019, The Kate will begin celebrating its 10 year anniversary. Many community events will be planned so keep a lookout and participate.

And what about that Old Saybrook High School Ram pride? For the second time in 35 years, the Old Saybrook boys captured
continued on page 4

The Little Gift Shoppe

Christmas is slowly coming into The Little Gift Shoppe. Everyday all the way up to Christmas Eve, new items will be coming into the store. Tree Decorations, Christmas Pillows, Christmas Frames, Garlands, Greenery, Christmas Signs and more. Stop by and enjoy the sights and sounds of The Little Gift Shoppe!



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Selectmen's Corner... continued from page 3

the class S boys soccer championship. Coming close the last few years wasn't good enough for this crew. The boys have made our community proud! Congratulations to Head Coach Sam Barnes, Assistant Coach Jeisson Pozzo, Assistant Coach Adam Cubeta and Athletic Director Mike Cunningham. And to those that GOT IT DONE: Shon Ryan, James Carlin, Colin Schulmeister, Jack Colella, Nolan Heiden, Carlos Chacon, Tim Reid, Cooper Luciani, Paddy Ryan, Luke Hanratty, Cody DeAngelo, Noah Worman, Jayson Rankin, Carter Gibson, Ben O'Dell, Gershon Jara, Luke Brodeur, Gino Gallitto, Enes Cecunjanin, Ryan Powers, Logan Hilger, Gannon Efinger, Jonathan Barnes, Garrett Hilger, Avery Appiah, Trey Martin, Nick Rothman, William Peralta, Matthew Rothman; and Managers Ally Kehlenbach and Grace VanVliet. Congratulations on a job well done!

Lastly, on a more somber note, on November 12, 2018 Old Saybrook lost Philip Broadhurst, husband of Joan, a true friend of the community, outstanding mind, consummate gentleman and dedicated volunteer and family man. Phil was insightful with his comments and calming with his presence. We will miss him.

There are always good things happening in our beautiful town, no matter the season. I wish all who live, work and play in Old Saybrook a happy and safe winter.

Carl P. Fortuna, Jr., Old Saybrook First Selectman

Old Saybrook Honored for Sustainable CT Certification

Twenty-two of Connecticut's most livable town and cities were recognized as Sustainable CT certified communities at the annual conference of the Connecticut Conference of Municipalities in November this year. The awards ceremony, attended by hundreds of municipal leaders from across the state, marked the successful completion of the first year of Sustainable CT, a statewide initiative that inspires and supports efficient, resilient, and inclusive practices at the local level.

All twenty-two newly certified towns worked to demonstrate significant achievements in actions in nine sustainability impact areas ranging from thriving local economies and vibrant arts and culture to clean transportation and diverse housing. In addition, the towns had to address diversity, inclusion, and equity when implementing sustainability actions.

The first cohort of Sustainable CT certified communities spans every county and includes some of Connecticut's largest cities and smallest towns. Five municipalities received awards for achieving "silver" certification, the highest honor in the



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program: Fairfield, Glastonbury, Greenwich, Hartford, and Stamford. Another seventeen municipalities earned recognition at the “bronze” certification level: Bristol, Coventry, Hebron, Madison, Middletown, Milford, New Haven, New London, New Milford, Old Saybrook, Ridgefield, Roxbury, South Windsor, West Hartford, Westport, Windham, and Woodbridge.

With input from municipal leaders across the state, Sustainable CT was developed over the past few years under the leadership of the Institute for Sustainable Energy at Eastern Connecticut State University, in partnership with the Connecticut Conference of Municipalities. The program is independently funded, with strong support from three Connecticut philanthropies: the Emily Hall Tremaine Foundation, the Hampshire Foundation, and the Common Sense Fund.

For more information, visit: www.sustainablect.org.



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Sarah V. Becker, Town Clerk
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 Cindy Kane, Assistant Town Clerk

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CONGRATULATIONS!

Christopher Maynard and Frances Ward
 - August 17th
 Thomas Medling and Vanessa Love
 - August 18th
 Evan Davis and Kelly Downie
 - August 18th
 John Baker and Tessa Olson
 - August 25th
 David Regelman and Jennifer Wong
 - August 19th
 Robert Melanson Jr. and Amber Owens
 - August 31, 2018

Ross Bennett-Bonn and Monique St. Pierre
 - September 8th
 Matthew Marshall and Rachel Simon
 - September 15th
 Gene Coon and Kira Filacchione
 - September 29th
 Kyle Gibney and Danielle Meade
 - October 5th
 Michael Paradis and Bryanna Tiezzi
 - October 6th

Gregory Thompson and Giulia Wakim
 - October 6th
 Paul Cosenza and Kendra Anderson
 - October 7th
 Michael Coderre and Sarah Orde
 - October 8th
 John Braun and Lisa Palazzi
 - October 20th
 Jonathan Saunders and Jennifer Gifford
 - November 3rd

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Board of Selectmen News & Announcements



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Request for Letters of Interest to Serve on a Town Agency

The Old Saybrook Board of Selectmen invites electors of the town interested in serving as members of the following agencies to submit a letter with a brief description of your interest and any experience you have to share in filling any of the following vacancies:

- | | | |
|----------------------------|--------------------------------|-------------------------|
| Aquifer Protection Agency | Economic Development | Tree Committee |
| Architectural Review Board | Commission | Water Pollution Control |
| Conservation Commission | Inland Wetlands & Watercourses | Authority |
| Connecticut River Gateway | Commission | Zoning Board of Appeals |
| Conservation Commission | Planning Commission | |



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Economic Development - Mariner's Way Redevelopment Update

MARINER'S WAY TIF DISTRICT MASTER PLAN

A public hearing held October 23 reviewed the proposed Mariner's Way TIF District Master Plan and provided an opportunity for the public to comment and ask questions. Fifteen people attended along with the three Selectmen.

Funds remaining from the BAR Planning Grant were used by the Board of Selectmen to hire consultant Patrick McMahon, Executive Director of the CT Main Street Center, to assist in drafting the Mariner's Way TIF District Master Plan. Mr. McMahon was at the Public Hearing to explain TIF Districts and answered questions about the proposed Mariner's Way TIF District Master Plan. Minutes from the public hearing are available on the Mariner's Way webpage: <https://bit.ly/2PvJ0o3>.

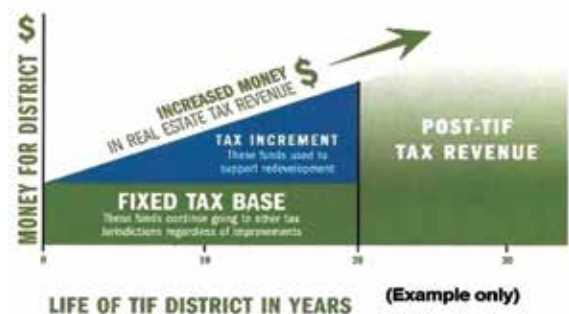
The proposed Mariner's Way TIF District Master Plan can only be adopted by Town Meeting. A Town Meeting date has not been set.

The TIF District Master Plan can be found online at <https://bit.ly/2PUmu7L>. A hard copy is on file with the Town Clerk and additional copies are available from the Economic Development Office. All residents and tax payers are encouraged to call the Economic Development Office with questions about the TIF

District Master Plan. Call Susie Beckman in the Economic Development Office at: 860-395-3139 or send an email to susan.beckman@oldsaybrookct.gov.

UNDERSTANDING TAX INCREMENT FINANCING (TIF)

A TIF is not a new tax or a special assessment on top of the existing property tax. There are no changes in tax rates or the assessment process. A TIF sets aside a portion of any new property tax revenues in a designated area (the TIF District) that result from redevelopment. These funds can be reinvested in the TIF District to encourage redevelopment. For more information on TIF Districts visit the CT Main Street Center website: <https://bit.ly/2whZ5RV>.



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Pet Waste, Water Quality & Your Health: Why You Should Give a Bark



When rain or snow melt runs over the land, it can carry pollutants like uncollected pet waste directly or by way of storm drains into nearby streams, lakes,

ponds or wetlands. This polluted runoff, also called Nonpoint Source Pollution, can degrade water quality, harm aquatic health, and make waters unsuitable for recreation.

WHY IS PET WASTE POLLUTION?

Pet waste is the source of two types of pollutants: pathogens and nutrients. Pathogens are disease causing micro-organisms that can contaminate water resources, making them unsafe for swimming or drinking. Nutrients, such as nitrogen and phosphorous, can cause runaway growth of algae and aquatic weeds, making the water murky, green and smelly. When the excess algae and aquatic plants, and the pet waste itself break down in the water, dissolved oxygen needed by fish to survive is used up. Also, chemicals that can harm aquatic life, such as ammonia, are released.

WHY IS PET WASTE A HEALTH RISK?

Pathogenic bacteria, parasites and viruses in pet waste are a health

risk to both people and animals. Leaving pet waste on the ground in your yard or in public areas may expose children, adults and even other pets to diseases. There is also a real risk of getting sick from drinking or swimming in waters contaminated by pet waste.

WHAT TO DO WITH PET POO

- Always bring a plastic bag or two when you walk your dog.
- Use the bag like a glove, scoop the poop, then turn the bag inside out and seal.
- Put the bagged waste in a trash can or flush unbagged waste down the toilet.
- Never throw dog waste down storm drains. They lead directly to water resources like streams, lakes, ponds or wetlands.

Reprinted with permission from "Pet Waste, Water Quality & Your Health" published by the Connecticut River Coastal Conservation District with funding provided, in part, by a US EPA Clean Water Act Section 319 Grant administered by Connecticut Department of Energy and Environmental Protection. The brochure can be found at www.conservect.org/ctrivercoastal/resources/ and hard copies are available. For more information, phone 860-346-3282.

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Natural Hazard Mitigation Plan Update

The Town of Old Saybrook and the Borough of Fenwick are in the process of updating the Natural Hazard Mitigation Plan (NHMP). The purpose of the NHMP Update is to update the hazards risk assessment, the mitigation strategies, and the actions to reduce the loss of life and property resulting from natural and climate-related hazards. In addition, a key part of this update is to document the progress made in implementing actions outlined in the 2014 NHMP.

As a part of the planning process, the Town and the Borough created a local planning team made up of local, state and regional officials to assist in leading the development of the plan. The Town has retained GZA GeoEnvironmental, Inc. to assist the planning team in the preparation of the NHMP Update. Funding for this activity is being provided by the Town of Old Saybrook.

A critical component of the planning process is open public involvement where the Town and the Borough will provide the public with the opportunity to provide input and comments at two public meetings.

The Planning Commission hosted the first public meeting, which was held in early December at the Town Hall. The focus of the first public meeting was to present:

1. the planning framework
2. the critical assets identified in the Town and the Borough and
3. the natural and climate-related hazard characterizations for the Town and the Borough.

A second public meeting will be held on February 6, 2019 at 6:30 pm in the First Floor Conference of Town Hall, 302 Main Street. The focus of the second public meeting will be to present the updated natural hazard mitigation strategy and actions for Old Saybrook and Fenwick. The updated strategy and actions will be designed to reduce the loss of life and property from natural and climate-related hazards including but not limited to coastal flooding, sea-level-rise, severe wind resulting from hurricanes, and severe winter weather.

During each meeting, the public is invited to make comments or suggestions. All comments received from the public will be documented and considered for inclusion in the Plan.

For information about the NHMP and the recent Coastal Resilience Study, visit the Town Initiatives page at: www.oldsaybrookct.gov.



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Snow & Ice Removal

The Public Works Director would like to remind everyone that it is the property owner's responsibility to clear the sidewalks of snow and ice as described by Town Ord. No. 25 Removal of Snow and Ice (§ 185-1).

Also, it is crucial that all Main Street business owners not use rock salt on the Main Street sidewalks, as the rock salt will damage the sidewalks. Main Street business owners need to use Safe Step Ice Melt or other comparable ice melts that specify "safe for concrete, brick and stone."

The Public Works Department is responsible to remove snow from approximately seventy-two miles of town roadway. Snow being thrown by the plow blade can be forceful and the weight of the pushed snow can cause damage to a mailbox. If it is determined a mailbox was struck directly by the

snowplow, the Town will replace the existing mailbox with a standard mailbox and post. Standard mailbox replacement consists of a black metal mailbox. Post replacement will be a pressure treated post.

Under No Circumstances will a Mailbox or Post be considered for Replacement If:

- The post shows dry rot, is unstable or placed too close to the roadway.
- If a mailbox is popped off the cross member, shows no damage, and is lying there, the mailbox, most likely, was not hit by the plow but the weight of the pushed snow took the box off the support. Mailboxes must be firmly fixed to a durable post anchored in the ground to withstand the impact of thrown snow.

All qualifying mailboxes that were damaged by a Town snowplow need

to be reported by April 1, 2019.

Avoid parking on Town roads during snowstorms to allow the plow trucks to clear the snow. Make certain that basketball hoops, sprinkler systems and other items are at least 8 feet from the road to avoid damage by the Town plows. Basketball hoops, sprinkler systems and other items within the Town right of way are not permitted and will not be replaced, repaired or reimbursed by the Town.

Residents and business owners contracting privately for plowing... **DO NOT PUSH SNOW INTO THE ROADWAY, THIS IS ILLEGAL.**

Thank you for your cooperation.

Larry Bonin,
Director Public Works

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Don't Be A Wishful Recycler

Connecticut recyclers are struggling for several reasons. One is that the urge of "wishful recycling" -tossing in harmful items we wish were recyclable-causes problems in the sorting facility.

So... take your plastic bags and other various plastic "film" to Walmart, Stop & Shop or Big Y for recycling. This includes the following:

- newspaper bags
- dry cleaning bags
- bread bags
- produce bags
- toilet paper, napkin, and paper towel plastic wrap
- furniture wrap
- electronic wrap
- plastic retail bags (hard plastic and string handles removed)
- grocery bags
- plastic food storage bags (clean and dry) - (e.g. Ziploc® Bags)
- plastic cereal box liners (if it tears like paper do not include)
- Tyvek (no glue, labels, other material)
- diaper wrap (packaging)
- plastic shipping envelopes (no bubble wrap/remove labels)
- case wrap (e.g., snacks, water bottles)
- all clean, dry bags labeled #2 or #4

Other plastic items that should not be put in recycling bins include: garden hoses, plastic straws, plastic pots, Styrofoam, medicine containers, and pet food bags. Despite wishful-thinking, all of these should just be put in the trash.

For more information about how you or your organization can get involved with recycling, composting and other aspects of sustainable materials management, visit: ctrecyclers.com.

Recording Clerk Needed Part-Time

The Town of Old Saybrook is looking for a part-time Recording Clerk to perform administrative work of a complex and responsible nature in the Land Use Department. This position will work in conjunction with the Director and Land Use staff to coordinate specific tasks related to evening meetings of the Land Use boards or commissions. High school degree required. Hours will be average up to 5 hours per week and includes evening meetings. Pay rate is \$20.00 per hour.

If interested, please send resume with cover letter to:
Office of the First Selectman, Town of Old Saybrook,
302 Main Street, Old Saybrook, CT 06475.

No phone or in-person inquiries. Position will close on January 31, 2019.

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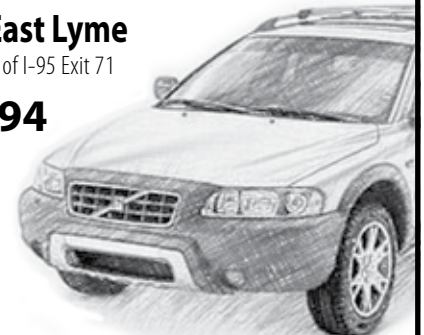
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Social Services Help Day

Provided 4th Thursday of Every Month in Old Saybrook

SNAP, HUSKY, MSP, CT FOOD BANK TRUCK, & DENTAL CLINICS

Social Services Help Days are sponsored by Old Saybrook Social Services and held at Grace Church Hall, 336 Main Street in Old Saybrook every 4th Thursday of the month.

We provide help for state applications for SNAP and HUSKY from 10:00 am - 2:00 pm and The CT Food Bank truck mobile pantry will come between 1:30 pm and 2:30 pm to provide food for all who need it. Please bring a bag. Dieticians from St. Joseph University will be teaching folks how to eat healthy on a SNAP food stamp budget providing education and recipes.

We offer ongoing health screenings for blood pressure and cholesterol as well as health education with CRAHD, CT River Area Health District, our town RN and Big Y Pharmacy.

Workforce Alliance/American Job Center on site to bring employment job opportunities to our residents in need of a job or training to obtain a job. The Old Saybrook dates and events are:

December 27 with Dental Clinic, 9:00 am - 3:00 pm,
CT Food Truck 1:30 pm - 2:30 pm

January 24, 10:00 am - 3:00 pm,
with CT Food Truck 1:30 pm - 2:30 pm
February 28 10:00 am - 3:00 pm
with CT Food Truck 1:30 pm - 2:30 pm
March 28 10:00 am - 3:00 pm,
with CT Food Truck 1:30 pm - 2:30 pm

Additional Shoreline CT Food Bank stop is at Clinton Town Hall annex building parking lot on the first Mondays of the month:

January 6 CT Food Bank Food Truck 12:00 - 1:00 pm
February 3 CT Food Bank Food Truck 12:00 - 1:00 pm
March 2 CT Food Bank Food Truck 12:00 - 1:00 pm

Appointments should be made for state application processing but walk-ins are also welcome as space is available. Please contact Susan Consoli, MA, LPC, Social Services Coordinator at: 860-395-3188 or by email at: susan.consoli@oldsaybrookct.gov.



Westbrook Dental is happy to announce Alyssa Kievit DMD has joined John Johnson, DDS, Daniel Nasser, DMD and Thomas Brady, DMD at our practice. Together they are looking forward to serving existing and new patients of all ages.

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Old Saybrook Parks and Recreation Department

OLD SAYBROOK
OSPR
PARKS AND RECREATION

WHAT'S UP WITH THE PRESERVE?

A unique partnership has been created to manage the 1,000-acre Preserve, involving

the State of Connecticut, town of Old Saybrook, and the Nature Conservancy, that holds a conservation easement on the property. An Ad-Hoc Committee is chaired by Saybrook Parks and Recreation, with representatives from Old Saybrook, Essex, and Westbrook.

The Committee meets monthly and thought you might like to know what's going on.

An interim trail map has been created and can be found at the OSPR website: https://www.oldsaybrookct.gov/sites/oldsaybrookct/files/uploads/thepreserve_trails_interim_ingham_hill_-_2018-05-14.pdf. A new entrance, signage, and parking lot in Westbrook is located off Route 153, and the Essex Land Trust has also created trails, signage and parking in Essex. The committee continues dialogue with an active mountain biking community in the area about bike use and trails within The Preserve. A job description has been created for a part-time Steward for The Preserve, to work on trails and public engagement.



Old Saybrook High School students volunteer to help out at The Preserve. Photo by Chris Cryder.

The committee has also identified natural resource inventory needs and a proposed timeline for information gathering. Existing reports with biological and historical information about the Preserve are being assembled into a web-based location. In 2017, a professional biologist was contracted to document rare plants and critical habitats of the Preserve over two years. Mid-way through the first season, over 400 native species were documented.

Invasive plant species management has been initiated on a **continued on page 16**

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SELECTMEN'S OFFICE

Carl P. Fortuna, Jr., First Selectman	395-3123	Carl.Fortuna@OldSaybrookCT.gov
Georgiann Neri, Administrative Secretary		Georgiann.Neri@OldSaybrookCT.gov
Lee Ann Palladino, Finance Director	395-3127	leeann.palladino@OldSaybrookCT.gov
Larry Hayden, IT Manager	510-5000	Larry.Hayden@OldSaybrookCT.gov

ACCOUNTING

395-3132

ASSESSOR

Norman Wood, Assessor	395-3137	Norman.Wood@OldSaybrookCT.gov
Bridget Riordan, Administrative Clerk		Bridget.Riordan@OldSaybrookCT.gov

BUILDING DEPARTMENT

Tom Makowicki, Building Official	395-3130	Tom.Makowicki@OldSaybrookCT.gov
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ECONOMIC DEVELOPMENT

Susan Beckman, Executive Director	395-3139	Susan.Beckman@OldSaybrookCT.gov
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FIRE MARSHAL

Pete Terenzi	395-3133	Pete.Terenzi@OldSaybrookCT.gov
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LAND USE

Christine Nelson, Town Planner	395-3131	Christine.Nelson@OldSaybrookCT.gov
Christina Costa, Enforcement Officer		Christina.Costa@OldSaybrookCT.gov
Sarah Lyons, Administrative Assistant Environmental Planner		Sarah.Lyons@OldSaybrookCT.gov

PARKS AND RECREATION

Ray Allen, Director		Ray.Allen@OldSaybrookCT.gov
Jonathan Paradis, Assistant Director	395-3152	Jonathan.Paradis@OldSaybrookCT.gov
Rick Pine, Office Manager		Rick.Pine@OldSaybrookCT.gov

PUBLIC WORKS

Larry Bonin, Director	395-3123	Larry.Bonin@OldSaybrookCT.gov
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REGISTRARS OF VOTERS

Joan Broadhurst	395-3134	Registrar@OldSaybrookCT.gov
Joan Strickland		Registrar@OldSaybrookCT.gov

TAX COLLECTOR

Barry E. Maynard	395-3138	Barry.Maynard@OldSaybrookCT.gov
Wendy Morison		Wendy.Morison@OldSaybrookCT.gov

TOWN CLERK

Sarah Becker, Town Clerk	395-3135	Sarah.Becker@OldSaybrookCT.gov
Christina Antolino, Assistant Town Clerk		Christina.Antolino@OldSaybrookCT.gov

TREASURER

Robert Fish	395-3073	Robert.Fish@OldSaybrookCT.gov
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WATER POLLUTION CONTROL AUTHORITY

Stephen Mongillo, Program Administrator	510-5001	Stephen.Mongillo@OldSaybrookCT.gov
Robbie Marshall, Coordinator	395-2876	Robbie.Marshall@OldSaybrookCT.gov
Gratia Lewis, Financial Manager	510-5076	Gratia.Lewis@OldSaybrookCT.gov

OTHER TOWN DEPARTMENTS

Acton Public Library - 60 Old Boston Post Road

Amanda Brouwer, Director	395-3184	abrouwer@actonlibrary.org
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Police Department - 6 Custom Drive

Non-emergency	395-3142	
Michael A. Spera, Chief of Police	395-3142	mspera@oldsaybrookpolice.com

Probate Court - 302 Main Street

Jeannine Lewis, Judge of Probate	510-5028	
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Social Services - 322 Main Street

Susan Consoli, Social Services Coordinator	395-3188	Susan.Consoli@OldSaybrookCT.gov
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Transfer Station

499 Middlesex Turnpike	395-3187	
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Youth & Family Services - 322 Main Street

Heather McNeil, Executive Director	395-3190	Heather.McNeil@OldSaybrookCT.gov
Angela Gaidry, Administrative Assistant		Angela.Gaidry@OldSaybrookCT.gov

www.OldSaybrookCT.org

Parks and Recreation... continued from page 15



CT Trails Day walk at The Preserve.
Photo by Judy Preston.

three-acre parcel around the southeast edge of the Pequot Bog, with both professional contractors and a large number of volunteers. A consultant has also been contracted to generate a state-required Forest Management Plan for The Preserve. And the Ad-Hoc committee is working with Eversource to mitigate impacts of powerline replacement work proposed on right-of-way property that crosses The Preserve.

A number of educational hikes and work parties continue to be offered at The Preserve, and a Facebook page and periodic e-newsletter provide information and updates: <https://www.facebook.com/preserve1000acres/>.

If you haven't already, please visit The Preserve - a treasure in your own backyard!



WHAT IS 2-1-1?

It is Connecticut's free and confidential information and referral service. By calling 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis.

2-1-1 operates 24 hours-a-day, every day of the year. TDD access is available.

Visit the website for more information:

<http://www.211.org/#>

Time to Winterize



Winterizing our homes and our cars

is routine for those of us living in the northeast. But how often do you think of winterizing your body? The cold temperatures and the environmental changes in winter tend to cause changes to our skin and mucus membranes. Dry skin and cracked lips are common in winter and the treatment is simple-apply moisturizing lotions and lip balm. Regular moisturizing will prevent the cracked and painful areas.

Our diet tends to change as well in the winter. As we find fewer fresh fruits and

vegetables and turn to heavier comfort foods we find ourselves putting on a few extra pounds. Winterize your diet by adding whole grains and using the fruits and veggies that are available year round such as apples or frozen fruits. Leafy greens are important foods to add through the winter. And top on the list, be sure to keep your water level up! It's easy to remember to drink during hot weather but drinking plenty of water will help with the dry skin and mucus membranes. Herbal tea is a great way to add water without the caffeine.

Last but certainly not least pay attention to your mood! Many folks begin to feel

depressed or less productive as the days become shorter and darker. Make a plan to get out in the daylight for a walk or to soak up some of that winter sun when it appears. Exposing the face and hands to the sun can still help absorb vitamin D. For those who are especially susceptible to seasonal changes in their mood there are artificial lights that can help.

Stay safe and protect your body as carefully as your car!

Mary Lenzini, BSN, MA, CHCE,
Visiting Nurse Association of
Southeastern Connecticut

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Old Saybrook Public Health Nursing Board 2019 Nightingale Scholarship Appeal

Dear Friend,

Each year, the nursing board offers a scholarship(s) to Old Saybrook residents graduating from high school and pursuing a nursing/medical career and have been accepted into an accredited college program. It is that time of year when the Old Saybrook Public Health Nursing Board requests donations to the Nightingale Fund. As the Nightingale Fund was originally intended for students entering a nursing program, priority is first given to those students. However, we frequently give scholarships to students entering programs in other health related fields, (physical, speech, occupational, respiration therapy as well as social work and medicine.)

People are living longer and with advanced age there continues to be a greater need for nurses. Tuition is skyrocketing; living expenses and books add to students' debt. A scholarship often helps ease some of this financial burden, and with less worry about how to pay for these things, students can concentrate more on their very difficult curriculum.

Therefore, members of the PHNB are asking you to look into your hearts and help a high school senior toward one of these respected and honored careers. We can assure you, the recipients are always extremely grateful as shown by the letters and thank you notes we receive each year.

Please return your tax-deductible contribution with the form below in the pre-addressed envelope which has been included.

Along with the scholarship recipients, we of the Nursing Board thank you in advance for your continuing generosity.

Diane Aldi DePaola, Chairman OSPHNBPHNB

Members: Sharon Craft, Diane Aldi DePaola, Priscilla Funck, Mary Kennedy, MaryAnn Iadarola, Don Mill, Elizabeth Owen and Joseph Termine

NIGHTINGALE FUND

OLD SAYBROOK PUBLIC HEALTH NURSING BOARD,

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Middlesex to Rebrand

MIDDLESEX IS MORE THAN JUST A HOSPITAL

Middlesex has grown to include many services located outside the walls of the Hospital. Middlesex has a network of primary care offices, three urgent care centers, five physical medicine and rehabilitation offices and two Cancer Center locations. It offers homecare and assisted living, and the list goes on.

It is often difficult to explain these many different parts and how they all fit under the Middlesex Hospital umbrella, but one thing has become clear. Middlesex's current brand name no longer accurately reflects what Middlesex does and what it can provide.

In an effort to help the community better understand, Middlesex's branding will soon change to include the name Middlesex Health and a new logo that better represents the organization's incredible growth.

Middlesex is one of the few independent nonprofit health systems remaining in Connecticut, and it has evolved and expanded for the good of its patients, becoming a more comprehensive health partner. It's become Middlesex Health.

Middlesex remains committed to the communities it serves, and it will continue to provide the same high quality, compassionate care and personalized service that you've come to expect.

Over the next few months, you will begin to see the new brand name and logo on Middlesex signs and other materials, including staff uniforms and informational brochures. There will also be a new TV commercial, and Middlesex will soon launch a new, more user-friendly website.

A change like this does not happen overnight. The transition will take time to complete. Please be patient.

Moving forward, Middlesex remains a strong, independent health system - one that strives to always be your first choice for health care. Your health is of the utmost importance, and these improvements are being made to better serve you.

A TOWN FOR ALL SEASONS

Come enjoy the natural beauty of Old Saybrook at any time of the year. Take your canoe into the hidden beauty of coves, creeks and marshes and get a close-up view of the herons and egrets feeding. If you are lucky, you will catch sight of an osprey on its nest or perched in a tree eating its latest catch.

Winter brings a special beauty of its own. Take an Eagle Cruise on the Connecticut River, or come see the Torchlight Parade during the Christmas season.

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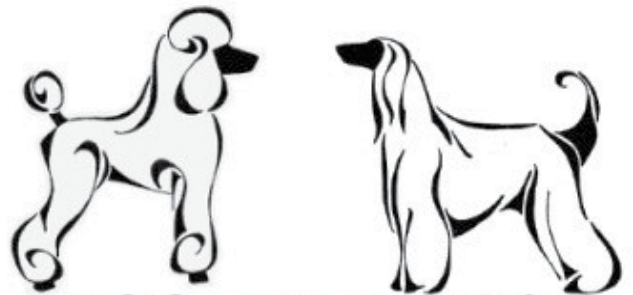
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Vista To Host Beethoven -Themed Public Art Series



Vista Life Innovations, a community-based organization dedicated to supporting the personal success of individuals with disabilities, is partnering with Project: Music Heals Us to present Portraits of Beethoven, an interactive art series that explores the life of famed composer Ludwig van Beethoven through visual and performing arts.

Sponsored by the Danielle Rose Paikin Foundation, Portraits of Beethoven will feature two paint nights at Water's Edge Resort and Spa in Westbrook where attendees will paint images that tie into Beethoven's life story. No prior painting experience is required and all artistic abilities are welcome to participate.



Based on Beethoven's incredible life journey, this series combines the missions of both Vista and Project: Music Heals Us, a nonprofit organization that uses music to educate, encourage and heal diverse populations, including the homeless, disabled and elderly. The goal of this collaborative project

is to inspire, motivate and unite the community at large through the power of music and creative expression.

The paint nights are scheduled for Jan. 16 and Jan. 23 at Water's Edge. For more information about Portraits of Beethoven, contact Jessica Lillge at 860-399-8080 ext. 269.

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THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

For the Love of Art



At the start of each school year, second and third graders can sign up for a six-week session with Art Teacher, Sarah Bernhardson. Each six-week session is open to two classes, and Mrs. Bernhardson does everything she can to find a spot for everyone who is interested. Art club meets once a week from 8:00 - 8:40 am.

Art club is free to students and projects vary according to student interest. Sessions are routinely full and often extras are squeezed in!

WHAT PROJECTS HAVE STUDENTS WORKED ON THIS YEAR?

So far this year, Art Club students have created seascape paintings; using a balance of warm and cool colors, mix-media owl collages, spooky Halloween houses, and numerous free choice projects of students own design. Currently, students are

working on printing their own holiday cards using foam plates and block inks.

WHAT ARE THE OVERALL GOALS FOR THE CLUB?

Mrs. Bernhardson wants students to enjoy being creative and to become more comfortable taking risks with their creativity. During regular art class, students have some time for free choice projects, but for those who are really interested in going further, there are never enough minutes. Each session of Art Club allows time for students to explore personal interests including building, drawing, painting, and more.

DO STUDENTS HAVE CHOICE?

Yes! Because students are attending purely for enjoyment and not being evaluated on standards, they have lots of choice. Each session begins with choice time, where students have five activities from which they may choose. The second half of each session is a time for special projects, where students are given guidance, but are free to alter the project to make it their own. For example, students are currently printing holiday cards, but students are choosing which holiday they'd like to create a card for, and they are free to design their printing plate anyway they'd like to. One of the biggest biproducts of Art Club is the relationship that grows between teacher and student as they share a common love for art!

Save the Dates for the OSHS Musical: On the Town

The OSHS Musical has been a tradition in Old Saybrook for over 50 years.

STUDENTS WILL PRESENT

On the Town,

March 14 and 15 at 7:30 pm
and March 16 at 2:00 pm and 7:30 pm.



Veterans Day at Old Saybrook Middle School



Veterans Day is a special day for Old Saybrook Public Schools. We are fortunate that school is in session, allowing for valuable learning experiences for our students to take place. Because

the holiday fell on a Sunday, we consulted with our local VFW and American Legion and held our school events on Friday, November 9.

All three schools host events to recognize and celebrate our veterans. Sixth through eighth grade students participate in an open-panel discussion with veterans that span many generations. These veterans were all family members of children and faculty from the Old Saybrook Middle School community. Because the panel consisted of veterans from different branches and various time periods, the manner in which the questions were answered allowed for the students to see how our country and its military has changed over time.

The fifth graders participated in a program to honor and respect our veterans. The program, led by Pamela Jutkiewicz, was filled with songs that represented all the branches of the military and had students reading poetry that was relevant to the occasion. Each veteran later was able to introduce himself or herself and gave their branch and years of service they had in the military. As they exited

the program, students handed the veterans cards that were created by members of various grade levels.

Many students participated in the town-wide celebration. Students from Old Saybrook Middle School participated in the local VFW sponsored Patriot's Pen contest that was themed, "Why I Honor the American Flag? The two student winners that were picked from over eighty submissions read their essays to the crowd of veterans, community leaders, townspeople, and students. Laura Day and Christina Grace, both eighth graders, read their emotional essays. The two winners were introduced by fellow classmate, Juliette Condulis, who read an introduction on the background of the Patriot Pen award. Fourth grader, Casey McGale, led the crowd in the Pledge of Allegiance and Lauren Seymour, a seventh grader, read an explanation of the origins and history of Veterans Day. The high school chamber singers and band members performed the Star Spangled Banner, America the Beautiful and God Bless America.

Many veterans commented on how thankful they were to have an opportunity to come and spend the day with our students and faculty. They appreciate the Old Saybrook School District for creating opportunities for students to learn about the significance of the day and for the respect that the Old Saybrook Public School community gives to those who served and are actively serving our country.



Veterans Honored at Old Saybrook High School



Veterans were honored by students, faculty and staff at Old Saybrook High School on November 9, 2018.

The morning began with a breakfast for veterans and family members followed by an assembly featuring musical selections from the school band and chorus. Senior Shane Henderson addressed the veterans, thanking them for their service and asking classmates to remember the sacrifices made by the service men and women, as

well as family members left behind during war time. Guest Speaker, Sergeant Joseph Potter, from the Connecticut Army National Guard and OSHS Alum Class of 2012, spoke to veterans and students of the attributes of a veteran and how their example can prove valuable for students in their everyday lives.



Acton Public Library

Karen Giugno
Assistant Director,
860-395-5060
kgiugno@actonlibrary.org

Adult Programs

JANUARY

Thursdays, January 3, 10, 17, 24, 31 at 10:30 am
at Acton Public Library

GENEALOGY INTEREST GROUP

Learn how to use the library's research databases, including Ancestry Library Edition and Newsbank. We will also search and learn about other free online databases while exploring the family research of our group. Beginners are welcome. Led on the 2nd & 4th Thursdays by Norma Wright, the library's Head of Circulation.

Thursdays, January 3, 10, 17, 24, 31 at 5:30 pm
at Acton Public Library

THURSDAY NIGHT KNITTING GROUP

Bring your own project to work on while enjoying the company of fellow knitters.

Wednesday, January 2 at 10:30 am at Acton Public Library
WEDNESDAY BOOK DISCUSSION GROUP

This book group meets the first Wednesday of the month. This month's book is *The Light We Lost* by Jill Santopolo.



Thursday, January 3 at 6:00 pm
at Acton Public Library

BOOK CRAFT: SNOWFLAKES

Make snowflakes using book pages. Registration is suggested as seating is limited and is available one month prior to the event.

Tuesday, January 8 at 6:00 pm at Acton Public Library
FLU VS. COLD: KNOWING THE DIFFERENCE!

Sherry Carlson from Connecticut River Area Health District will go through how unique the flu is in how it presents itself, symptoms, and when you should seek medical attention. She will also touch on the prevention of both of them and how a lot of the control is in your own 'hands.' Registration is suggested as seating is limited and is available one month prior to the event.

Saturday, January 12 at 1:00 pm at Acton Public Library
TECH TIME WITH TIM: NEW YEAR, NEW DEVICE

This session will provide patrons with an opportunity to bring in their new devices and ask questions about their device. Registration is suggested as seating is limited and is available one month prior to the event.

Saturday, January 12 at 2:00 pm at Acton Public Library

SECOND SATURDAY CINEMA

Join us for a movie on our 9 foot screen. The selection for this month is *Crazy Rich Asians* 2018 Rated PG-13 120 min. A woman discovers her boyfriend comes from the most wealthy, prominent family in Singapore. Along the way, she must stand up to his judgmental mother, who wants nothing more than to break them up. Light refreshments provided. No registration necessary.

Tuesday, January 15 at 5:30 pm at Acton Public Library
MOVIE NIGHT

Join us for a movie on our 9 foot screen. The selection this month is *UFO*. 2018, Rated PG-13, 95 min. A college student and his mathematics professor investigate a series of UFO sightings. Light refreshments provided. No registration necessary.

Wednesday, January 16 at 6:00 pm at Acton Public Library
BOOK TALK: CONNECTICUT ICONS: CLASSIC SYMBOLS OF THE NUTMEG STATE BY CHARLES MONAGAN

Charles Monagan, former editor of Connecticut Magazine, discusses his favorite icons of Connecticut. Registration is suggested as seating is limited and is available one month prior to the event.



Saturday, January 19 at 2:00 pm
at Acton Public Library

Snow date Saturday, January 26 HERBAL SLEEP PILLOW WORKSHOP

Join Ehris Urban and Velya Jancz-Urban for herbal enlightenment and hands-on (*no sewing required*) creation of your own customized herbal sleep pillow. Registration is suggested as seating is limited and is available one month prior to the event.

Tuesday, January 22 at 6:00 pm at Acton Public Library
COOKBOOK CLUB

This book group meets the fourth Tuesday of the month. This month's book is *Soup Night: Recipes for Creating Community Around a Pot of Soup* by Maggie Stuckey. Check out a copy of the book prior to the meeting. Make one of the recipes and bring it to share with the group. Registration is suggested as seating is limited and is available one month prior to the event.

Wednesday, January 23 at 1:00 pm at Acton Public Library
MYSTERY BOOK DISCUSSION GROUP

This book group meets the fourth Wednesday of the month. This month's book is *When the Bough Breaks* by Jonathan Kellerman.

Thursday, January 31 at 6:30 pm at Acton Public Library
DYKE SPEAR: AN ATTORNEY EVALUATES UFO EVIDENCE
Attorney Dyke Spear, spokesman and field investigator for the CT

Chapter of MUFON (Mutual UFO Network) gives an insightful analysis of the UFO phenomenon.

FEBRUARY

Tuesday, February 5 at 6:30 pm at Acton Public Library
SHORELINE CIVIL WAR ROUNDTABLE

Member Vic Butsch presents: "The Sultana, Greatest Maritime Disaster in US History."

Wednesday, February 6 at 10:30 am at Acton Public Library
WEDNESDAY BOOK DISCUSSION GROUP

This book group meets the first Wednesday of the month. This month's book is *Red Notice: a true story of high finance, murder and one man's fight for justice* by Bill Browder.

Thursdays, February 7, 14, 21, 28 at 10:30 am
at Acton Public Library

GENEALOGY INTEREST GROUP

Learn how to use the library's research databases, including Ancestry Library Edition and Newsbank. We will also search and learn about other free online databases while exploring the family research of our group. Beginners are welcome. Led on the 2nd & 4th Thursdays by Norma Wright, the library's Head of Circulation.

Thursdays, February 7, 14, 21, 28 at 5:30 pm

at Acton Public Library

THURSDAY NIGHT KNITTING GROUP

Bring your own project to work on while enjoying the company of fellow knitters.

Thursday, February 7 at 6:00 pm

CRAFT NIGHT: TBA

Registration is suggested as seating is limited and is available one month prior to the event.

Saturday, February 9 at 1:00 pm at Acton Public Library

TECH TIME WITH TIM: GOOGLE DOC BASICS

In this session patrons will be introduced to the basic operation of Google Docs and its most useful functions. Participants will need to have or create a gmail account for this course. Laptops will be provided. Registration is suggested as seating is limited and is available one month prior to the event.

Saturday, February 9 at 2:00 pm at Acton Public Library

SECOND SATURDAY CINEMA

Join us for a movie on our 9 foot screen. The selection for this month is *Ocean's 8*, 2018, PG-13, 120 min. Debbie Ocean recruits seven women to help her steal a \$150 million necklace at the Met Gala. Light refreshments provided. No registration necessary.
continued on page 26



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Acton Library... continued from page 25

Tuesday, February 12 at 6:00 pm at Acton Public Library GAME NIGHT: TELESTRATIONS

The outrageously funny game Telestrations will keep you entertained and laughing! Draw what you see then guess what you saw for hilarious and unpredictable outcomes. Registration is suggested as seating is limited and is available one month prior to the event. Light refreshments will be provided.

Saturday, February 16 at 2:00 pm at Acton Public Library THE SHORELINE RINGERS

The Shoreline Ringers will speak about the history of bells and handbells, how handbells came to be in the United States and how they are made. They will demonstrate the different handbell techniques, how handbell music is written and play a couple of handbell pieces. Registration is suggested as seating is limited and is available one month prior to the event.

Tuesday, February 19 at 5:30 pm at Acton Public Library MOVIE NIGHT

Join us for a movie on our 9 foot screen. The selection this month is *Mamma Mia! Here We Go Again*, 2018, PG-13, 114 min. A woman grapples with running her mother's villa while also expecting her first child and worrying that she won't be able to handle everything on her own, she enlists two of her mother's friends for assurance, help and guidance. Light refreshments provided. No registration necessary.

Saturday, February 23 at 2:00 pm at Acton Public Library A PLEASANT PAIRING: TEA & FINE CHOCOLATE

A fun, educational talk by Kim Larkin highlighting the history and health benefits of tea and dark chocolate (cacao) with insights from her commercially licensed chocolatier background. The discussion includes how to brew a proper cup and the tenets of the tea ceremony. Includes samplings of tea infusions, tea infused food, various chocolates, trivia, fun poetry, antique teapot/lace display, and more. Registration is suggested as seating is limited and is available one month prior to the event.

Tuesday, February 26 at 6:00 pm at Acton Public Library COOKBOOK CLUB

This book group meets the fourth Tuesday of the month. This month's book is *The Moosewood Restaurant Table: 250 Brand-New Recipes from the Natural Foods Restaurant That Revolutionized Eating in America*. Check out a copy of the book prior to the meeting. Make one of the recipes & bring it to share with the group. Registration is suggested as seating is limited and is available one month prior to the event.

Wednesday, February 27 at 1:00 pm at Acton Public Library MYSTERY BOOK DISCUSSION GROUP

This book group meets the fourth Wednesday of the month. This month's book is *Murder on Astor Place* by Victoria Thompson.

MARCH

Thursdays, March 7, 14, 21, 28 at 10:30 am at Acton Public Library

GENEALOGY INTEREST GROUP

Learn how to use the library's research databases, including Ancestry Library Edition and Newsbank. We will also search and learn about other free online databases while exploring the family research of our group. Beginners are welcome. Led on the 2nd & 4th Thursdays by Norma Wright, the library's Head of Circulation.

Thursdays, March 7, 14, 21, 28 at 5:30 pm at Acton Public Library

THURSDAY NIGHT KNITTING GROUP

Bring your own project to work on while enjoying the company of fellow knitters.

Saturday, March 2 at 2:00 pm at Acton Public Library HOW TO PLANT A TEA GARDEN

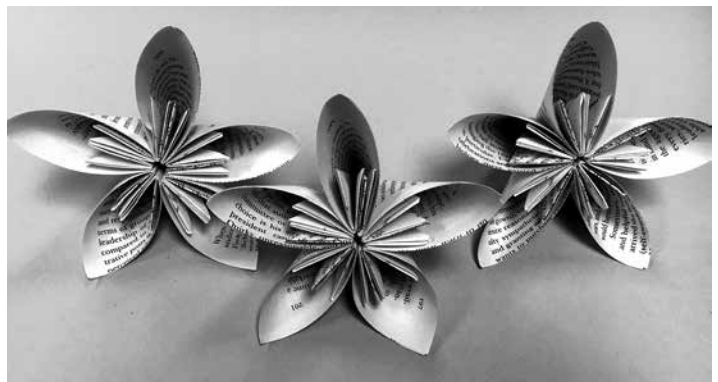
This class will focus on what kinds of herbs to plant so that you can dry them and make your own herbal teas! Topics include planting, basic care, harvesting, and drying herbs. The class will culminate with a tea tasting from the stock of naturally grown herbs from Bittersweet Farm and participants will receive hand-outs and recipes.

Tuesday, March 5 at 6:30 pm at Acton Public Library SHORELINE CIVIL WAR ROUNDTABLE

Member Dave Smith presents: "Lincoln Lied and People Died - a dialog within the audience on the legality of Secession."

Wednesday, March 6 at 10:30 am at Acton Public Library WEDNESDAY BOOK DISCUSSION GROUP

This book group meets the first Wednesday of the month. This month's book is *Sing, Unburied Sing: A Novel* by Jesmyn Ward.



Thursday, March 7 at 6:00 pm at Acton Public Library BOOK CRAFT: KUSUDAMA ORIGAMI FLOWERS

Use book pages to create ornamental origami flowers. Registration is suggested as seating is limited and is available one month prior to the event.

Saturday, March 9 at 1:00 pm at Acton Public Library

TECH TIME WITH TIM: NAVIGATING IPADS & IPHONES

This session is dedicated to hand-held Apple devices. Patrons will have the opportunity to review the navigation and settings of their iPad and iPhone. Participants should bring their devices. Registration is suggested as seating is limited and is available one month prior to the event.

Saturday, March 9 at 2:00 pm at Acton Public Library

SECOND SATURDAY CINEMA

Join us for a movie on our 9 foot screen. The selection for this month is *Ant Man and the Wasp*, 2018, PG-13, 118 min. Ant-Man teams up with Hope van Dyne, who has been given her own super suit to become The Wasp. The mismatched pair face off against Ghost while investigating the real story behind their abilities. Light refreshments provided. No registration necessary.

Tuesday, March 12 at 6:00 pm at Acton Public Library

GENERAL NUTRITION

Sherry Carlson from Connecticut River Area Health District will discuss general dietary guidelines provided by the USDA's MyPlate initiative. Registration is suggested as seating is limited and is available one month prior to the event.

Saturday, March 16 at 2:00 pm at Acton Public Library

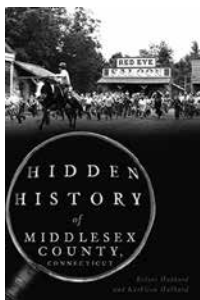
**THE BAND OF STEADY HABITS PRESENTS
"IRISH IN CONNECTICUT"**

A three-century overview of life for the Irish in Connecticut from the 1640s to the present. An amazing story of struggle, perseverance, acceptance, and success, accompanied by both rousing and heart-rending music. Registration is suggested as seating is limited and is available one month prior to the event.

Tuesday, March 19 at 5:30 pm at Acton Public Library

MOVIE NIGHT

Join us for a movie on our 9 foot screen. The selection this month is Disney's *Christopher Robin*, 2018, PG, 120 min. Winnie the Pooh ventures into London to turn a middle-aged Christopher Robin's life around with the help of Piglet, Eeyore, and Tigger. Robin is now stuck in an oppressive white collar job that prevents him from spending time with his family. Light refreshments provided. No registration necessary.



Wednesday, March 20 at 6:30 pm

at Acton Public Library

BOOK TALK -

Hidden History of Middlesex County, Connecticut by Robert and Kathleen Hubbard While Middlesex County is one of the most historic in the nation, some of its past is little known. Researchers found dinosaur tracks in Middlefield that date back

200 million years. The author of *Dr. Dolittle*, Hugh Lofting, lived in Killingworth, and a young Dr. Seuss spent summers in Clinton. Constance Baker Motley, the first female African American federal judge, resided in Chester. A Portland lake has water levels that fluctuate for no apparent reason. An Essex blacksmith shop was America's oldest continuously run family business. Local authors Robert and Kathleen Hubbard reveal these and many other unforgettable stories with a slide presentation followed by a Q&A. Registration is suggested as seating is limited and is available one month prior to the event.

Saturday, March 23 at 2:00 pm at Acton Public Library

SCENTS & SENSIBILITY WORKSHOP

with Ehris Urban and Velya Jancz-Urban. Sniffing Through Our Stinky Past and Make/Take Herbal Reed Diffusers.



Join us for a whiff of the past with historic tidbits. Next, learn about the medicinal benefits of various herbs and essential oils. Finally, create your own 8-ounce herbal reed diffuser. Registration is suggested as seating is limited and is available one month prior to the event.

Tuesday, March 26 at 6:00 pm at Acton Public Library

COOKBOOK CLUB

This book group meets the fourth Tuesday of the month. This month's book is TBA. Check out a copy of the book prior to the meeting. Make one of the recipes & bring it to share with the group. Registration is suggested as seating is limited and is available one month prior to the event.

Wednesday, March 27 at 1:00 pm at Acton Public Library

MYSTERY BOOK DISCUSSION GROUP

This book group meets the fourth Wednesday of the month. This month's book is *The Alienist: A Novel* by Caleb Carr.

Saturday, March 30 at 2:00 pm at Acton Public Library

BASIC ORGANIC GARDENING 101

This is a basic, beginner gardening class; topics include raised bed gardening, soil, pH, reading seed packets, and how to plan your gardens to get the most out of the space you have! Succession planting and close-cropping will be explained, as well recommendations on seed starting vs. buying plants.

All programs are free and open to all. For more information please call the library at: 860-395-3184 or visit: www.actonlibrary.org.

Teen Programs

JANUARY

Fridays, January 4, 11, 18, 25 at 3:00 - 4:00 pm

at Acton Public Library

continued on page 28

Acton Library... continued from page 27

FUN FRIDAYS

Something new and fun every Friday including crafts, food crafts, games (including Wii) or a movie on our 9 foot screen! Snacks too! Free and open to all. No registration required.

FEBRUARY

Friday, February 1 at 2:30 - 4:30 pm at Acton Public Library

HENNA DESIGNS

Jamilah Henna Creations presents the history, origin, and traditions of henna. Participants will receive a professionally applied henna design. This event is sponsored by the Friends of Acton Public Library. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

Fridays, February 8, 15, 22 at 3:00 - 4:00 pm

at Acton Public Library

FUN FRIDAYS

Something new and fun every Friday including crafts, food crafts, games (including Wii) or a movie on our 9 foot screen! Snacks too! Free and open to all. No registration required.

MARCH

Fridays, March 1, 15, 22, 29 at 3:00 - 4:00 pm

at Acton Public Library

FUN FRIDAYS

Something new and fun every Friday including crafts, food crafts, games (including Wii) or a movie on our 9 foot screen! Snacks too! Free and open to all. No registration required.

Children's Programs

Winter 2019 (January 2019 - March 2019)

Story Times at Acton Public Library begin January 2, 2019.

WIGGLE BOOKWORMS

Wednesday mornings from 10:30 - 11:00 am

Drop in and share stories, songs and simple rhymes together. A program for children ages birth through age 2 and their families. Stay and socialize after the story time with our special toddler toys.

March 6: A special Wiggle Bookworms session will take place.

Join Miss Colleen of Dance Dynamics for a story and dance activity for children up to age 3. Moms and caregivers can move with their babies while toddlers participate in fun dance activities! Drop-in. Free and open to all.

STAY AND PLAY

Wednesday mornings from 11:00 - 11:30 am

Expand your baby's story time experience with a half hour of social time immediately following Wiggle Bookworms. Parents and caregivers can mingle as babies enjoy social play with toys provided by the Library.

FANTASTIC FRIDAYS

Friday mornings from 10:30 - 11:00 am

A drop-in preschool story time for children ages 3-5. Have lots of fun sharing stories, music and a craft together. (*Specials: ABC Amigos on the 1st Friday of every month, and, Music with Miss Martha on the 3rd Friday of every month. See below.*)

ABC AMIGOS

The 1st Friday of every month from 10:30 - 11:00 am

Free and drop-in preschool bilingual story time on the first Friday of every month beginning on Friday, January 4 from 10:30 am to 11:00 am. Sing songs, play games and listen to stories in both English and Spanish. This series is open to children regardless of Spanish-speaking ability. Sponsored by The Friends of the Acton Public Library.

MUSIC WITH MISS MARTHA

The 3rd Friday of every month from 10:30 - 11:00 am

Join Miss Martha from the Community Music School for a special musical story time! For ages 3-5 and siblings. Sponsored by The Friends of the Acton Public Library.

BRUSH YOUR TEETH! STORY TIMES

Wednesday, February 20 from 10:30 - 11:00 am

(For babies and toddlers up to age 3.5)

Friday, February 8 from 10:30 - 11:00 am

(For preschoolers ages 3.5 to 5)

Join Miss Laura, a dental professional from Central Connecticut Pediatric Dentistry, for a special children's dental preschool story-time. In this fun and interactive story time, children can learn about their teeth and how to take care of them! Free and drop-in.

Other Children's Programs

CREATIVE DANCE CLASS

Friday, January 11, 2019 from 10:30 am - 11:00 am

A Creative Dance Class with Miss Laura from The Eastern Connecticut School of Ballet will take place with a special 'Snow' theme. This program is for children ages 3 to 5. This program is free and open to all, but space is limited so please register. Sponsored by The Friends of Acton Public Library.

READ WITH ELLA

Saturday, January 12 from 10:30 am to 12:30 pm

Saturday, February 23 from 10:30 am to 12:30 pm

Saturday, March 23 from 10:30 am to 12:30 pm

Kids! Ella loves to be read to! Call to reserve YOUR 15 minute session to READ with Ella the therapy dog. Bring your own book, or use one of ours. Ella comes to us through the R.E.A.D. (Reading Education Assistance Dogs) program of Cold Noses, Warm Hearts. Cold Noses, Warm Hearts, Inc, a local affiliate of Intermountain Therapy Animals, is a non-profit, volunteer

organization dedicated to sharing well trained, registered, therapy animals, and Reading Education Assistance Dogs (R.E.A.D.) in meaningful programs that provide comfort and caring through the human-animal bond. Please call the library to register.



"Sedona Cactus" image courtesy Kim Larkin.

PARENT & CHILD PAINT DATE
Saturday, January 12 from 11:00 am to 12:30 pm

Come create a little bit of desert heat in the middle of the winter with our Saguaro Cactus Sunset. Parent and child will each paint a canvas - following step by step, easy as pie! Fun, creative, and messy, be sure to wear your art clothing. Miss Kim from Klassic Kreations Creativity Workshops will lead the colorful morning!

REGISTRATION IS REQUIRED AS SEATS ARE LIMITED. Teams of two only (one parent/grandparent/caregiver and one child makes a team.) One team per family. Children MUST be at least 8 years old. Light refreshments will be served or bring you own. Free to all. Registration will open one month in advance. Sponsored by The Friends of the Acton Public Library.



www.takeyourchildtothelibrary.org

"Rabbit Family" logo courtesy Connecticut Library Consortium.

TAKE YOUR CHILD TO THE LIBRARY DAY
Saturday, February 2, 2019

Celebrate the 9th annual Take Your Child to the Library Day with various activities for children and their families. Appreciate all of the great things happening at your library! Special thanks to the The Friends of the Acton Public Library for making all of these programs possible.

TAKE YOUR CHILD TO THE LIBRARY DAY: A PLACE CALLED HOPE: BIRDS OF PREY REHABILITATION CENTER

Saturday, February 2, 2019 from 10:30 am to 11:30 am

(Snow date: Saturday, February 9 from 10:30 am to 11:30 am)



"Owl" image courtesy A Place Called Hope.

A Place Called Hope is a Rehabilitation and Education Center for birds of prey, whose goal is to heal injured, orphaned, or ill birds and return them to the wild. APCH will share four bird ambassadors and their personal stories of survival along with some simple tips on how we can better co-exist with the wildlife within our very own backyards. Meet two native day time hunters, a hawk and a falcon, and two different native owl species, the nocturnal hunters. This is an up close and personal encounter opportunity during this all-ages Birds of Prey presentation. Please register as seating is limited. Registration will open one month in advance.

TAKE YOUR CHILD TO THE LIBRARY DAY: MUSIC FROM THE CONTINENTS

Saturday, February 2, 2019 from 1:00 pm to 2:30 pm

Join Face Arts Music of Deep River for Music from the Continents, a family continued on page 30

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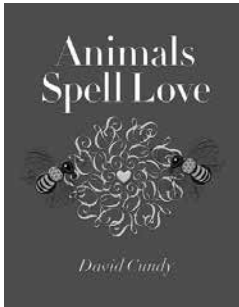
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Acton Library... continued from page 29

friendly program designed for children ages 3 to 12 years of age. Explore music from around the world with hands-on activities. This program is generously sponsored by the Friends of Acton Public Library. Please register as seating is limited. Registration will open one month in advance.

**TAKE YOUR CHILD TO THE LIBRARY DAY:
ANIMALS SPELL LOVE; FAMILY STORY TIME &
CRAFT WITH AUTHOR DAVID CUNDY**
Saturday, February 2, 2019 from 2:00 pm to 2:45 pm



"Animals Spell Love" images courtesy David Cundy.

Join author David Cundy for an interactive story time that celebrates love through animals and art, represented in many different languages in his book 'Animals Spell Love.' The author will 'introduce the animals' while interactively walking the audience through the book. Children will then create their own word-pictures in an activity with pencil and crayon. This program is intended for children ages 5 to 12 and their families. This program is free and open to all. This program is generously sponsored by the Friends of Acton Public Library. Please register as seating is limited. Registration will open one month in advance.



"Riverside Reptiles" logo courtesy Riverside Reptiles..

**TAKE YOUR CHILD TO THE
LIBRARY DAY: JEEPERS CREEP-
ERS! WITH RIVERSIDE REP-
TILES**

**Saturday, February 2, 2019
from 3:30 pm to 4:30 pm**

Encounter some creepy-looking creatures! You will see and touch a variety of reptiles, amphibians, arachnids,

insects and more. Don't worry. We won't bite! This program is free and open to all. This program is best for children ages 3 and up and their families. This program is generously sponsored by the Friends of Acton Public Library. Please register as seating is limited. Registration will open one month in advance.

SCHOOL'S OUT! MOVIE, PIZZA AND DANCE PARTY!

Tuesday, February 19, 2019 from 12:30 pm to 3:30 pm

Kids! Join us for Transylvania III along with free pizza and a drink. Pizza will be served at 12:30 pm with the movie to follow at 12:45 pm. Immediately following the movie at 2:30 pm, local dance instructor Miss Deb, will teach us dance moves from the movie! Free and open to all. Registration is required. Registration will open one month in advance. Sponsored by The Friends of the Acton Public Library.

CHARACTER STORY TIME: "MR. INCREDIBLE"

Saturday, March 9 from 10:30 am to 12:30 pm

Come to the Library for a special story time led by one of our favorite characters, Mr. Incredible. He will have a story, games and glitter tattoos for you, and a photo op for your mom, dad or special caregiver. This program is best for children between ages 3 and 9. This program is free and open to all. Please register as seating is limited. Registration will open one month in advance. Sponsored by The Friends of the Acton Public Library.



"Irish Dancers" image courtesy Gray School of Irish Dance.

**GRAY SCHOOL OF IRISH
DANCE: IRISH DANCE
DEMONSTRATION**

**Saturday, March 16, 2019 from
4:00 p.m. to 4:45 p.m**

Join us for a lively demonstration of authentic Irish dance performed by the talented students of the Gray School of Irish Dance. This event is free and open to the public. Please register as seating is limited. Registration will open one month in advance. Sponsored by The Friends of the Acton Public Library.

Friends of Acton Library

The Friends of Acton Library holds quarterly meetings to receive funding requests from the Library. These requests are for programs and equipment that augment the Library's budget.

In our August and October meetings, we were delighted to field requests from our Young Adult/Reference librarian, Lisa Mendes and the Adult Programming Librarian, Cindy Baklik. These two energetic and enthusiastic

new staff members are working to add to our programming for teens and adults in a variety of ways.

Cindy's new art cart/storage rack holds a variety of adult art supplies allowing

her to provide materials and equipment for up to 24 participants in her monthly craft events. Many have enjoyed making sisal pumpkins or folded book projects and she will be announcing new and intriguing projects. In addition, she requested sponsorship of a Saturday program performed by the East Haddam Stage Company in which they performed a radio drama of Sherlock Holmes and the Adventure of the Speckled Band.

The Young Adult area of the library is newly furnished with two comfortable and colorful arm chairs which add to the

ambience of that area. Lisa Mendes organized a Teen Chocolate Make and Take Program for early December and a Henna workshop for early winter.

Meanwhile, the Children's department held many programs for young children including the popular Music with Miss Marth, Music from the Continents, a bilingual story time, and a program focusing on animals by author David Cundy.

All of this was made possible by the funds the Friends have raised through book sales and membership contributions. We will

be holding our annual Membership drive in February with a mailing to all current members and newcomers to the library and to the town. And we are beginning planning for our Book Sales in March and July. But we also have an ongoing book sale near the circulation desk with a variety of books in excellent condition for \$3.00. Stop by and take a look. Winter is a great time to tuck into a cozy corner with a good book

Sheila McPharlin, President,
Friends of Acton Library

Old Saybrook Youth & Family Services

We always have new and exciting seasonal happenings, along with our regularly scheduled weekly and monthly events. Old Saybrook Youth and Family Services works to serve our town, with programs that enrich the social, emotional, and developmental wellbeing of every community member. Below, you'll find the many of the programs that Old Saybrook Youth & Family Services offers to our community. Please call 860-395-3190 for more details and for registration.

School Programs

DROP IN - OSHS, Tuesdays & Fridays, 11:20 am - 1:20 pm

A fun, safe, and chill space to talk, to get help, or just hang with friends.

LUNCH BUNCHES - OSMS, Weekly during lunch

Weekly groups meet to have fun together and learn some important skills.

OPEN SPACE - TBA

Monthly multimedia discussion of pertinent topics to OSHS teenagers.

OSHS HEALTH CLASSES - Throughout the year

Bi-yearly, three-part presentations by OSYFS clinicians pertaining to healthy relationships, risk prevention, values clarity, and assertive communication.

Bi-yearly, three-part presentations by E3 members addressing pertinent issues such as peer pressure, values, and substance use prevention.

ZEN TIME - Goodwin Elementary School, Weekly Lunchtime

Provides a fun, relaxing space for students to create coping tools and learn mindfulness.

Youth Groups & After School Programs

AFTER SCHOOL CLUBS AT THE MIDDLE SCHOOL

Throughout the school year 40+ after school clubs offered on Mondays, Tuesdays, and Thursdays, plus ½ day adventures with

choices like invention club, junior detective, horseback riding, grub club, hip hop, and chill club. For more information contact Jodi Kelly at: Jodi.kelly@oldsaybrookct.gov

Youth Action Council (YAC) - Twice monthly

Positive youth action, activities, and skill-building to promote leadership, community service, and community engagement. Events and activities include Sticker Shock Campaign, Annual Spaghetti Dinner, Walk Like MADD, & Much More!

Junior Youth Action Council (JAC) - Monthly

Bridge the gap between middle school and high school through relationship building! This is a great introduction to YAC and its members.

E3 (Encourage, Empower, Engage) - Twice monthly

A peer facilitated group that focuses on making healthy choices. Group is actively involved in the community and school, with presentations at Wellness Day and in OSHS Health Classes. State sponsored through Governor's Prevention Partnership.

Youth Summer Stock Theater - Program Dates & Details TBA

A two-week immersion theater experience for kids! Mark your calendars! Watch for registration in February!

Youth Community Service Programs - July 2019

Each 4-day project assists students in meeting their school's community service requirements, while learning, growing, and having fun! Cost: \$50/project. Registration begins in March.
continued on page 32

Youth & Family Services... continued from page 31

Community Programs

CAN WE TALK? PARENT SERIES - Throughout the year, TBA

Open dialogue and helpful information on topics relevant to parents and guardians in our community. Topics include social media and our teens, anxiety management, and parent-child communication.

COMMUNITY TREASURES VARIETY SHOW - TBA in Spring

Showcases the diverse talent in our community with performers of all ages. Audition dates TBA.

EARLY CHILDHOOD COUNCIL - Monthly, Goodwin Elementary, 5:30 - 7:00 pm (Dinner included)

The Early Childhood Council is committed to promoting the physical, emotional and academic wellbeing of all children and families in the community. The Council believes in a coordinated community approach to best meet the needs of our youngest children and ensure their future success.

Programs include Baby Bundles, One Book/One Town, Little Free Library program, and quarterly roundtable educational events. For more information contact Jodi Kelly at: Jodi.kelly@oldsaybrookct.gov.

ESSENTIAL LIFE SKILLS SERIES - Throughout the Year, Varying locations and experts TBA

Award-winning youth program that offers practical, hands-on skill-building and pertinent information from expert professionals from our community.

Topics include car maintenance (12/2018), employment skills (10/2018), financial planning (spring 2019), dorm-style cooking (2/2019), resilience (3/2019), and college readiness (4/2019). Contact Samantha Steinmacher, MA, EdS for details.

MODERN PARENTING:

Life Skills for Our Kids - TBA in Spring

Practical, age-appropriate information about teaching your children life skills and raising confident, competent children with grit. For parents/guardians of children 3-12 years old. Contact Samantha Steinmacher, MA, EdS for details.

MOTHER/ DAUGHTER & FATHER/SON NIGHT (Single parent programs also available), TBA

Spend an evening learning all about puberty during this fun, interactive class during the spring. Registration and fee required.

PARENTS/GRANDPARENTS OF CHILDREN DIAGNOSED WITH ASPERGER SYNDROME/HIGH FUNCTIONING AUTISM - 2nd Thursday/month, 12:30 pm & 5:30 pm

Monthly meeting to discuss diverse, pertinent topics impacting families; resources provided.

RED CROSS BABYSITTING COURSE - Offered in the Spring

Offered to students, ages 11-15, to learn babysitting basics for infants and children, including first aid, safety, child behavior, professionalism, and business. Cost: \$110 & registration required.

SOCIAL SERVICE HELP DAY - Fourth Thursday of every month, Grace Church Hall at 336 Main Street

Provides monthly assistance with state applications for SNAP, HUSKY and Medicare Savings Plan, as well as offering varying services, such as medical screenings, school supplies, and dental clinics.

Counseling Services

INDIVIDUAL, COUPLES, & FAMILY

We offer evidence-based counseling services to all community members. School-aged clients benefit from our strong relationship with the public school staff and community providers with whom we actively collaborate.

COUNSELING INTERNSHIP PROGRAM

Provides training, supervision, and active experience for Masters-level interns to better assist our community and to support the need for effective care and professionalism.

From Intention to Action

As you look through our many Fall programs, you'll see that we wholeheartedly work to put our mission statement into action:

Through counseling, educational programs and support services, individuals can gain a better understanding of themselves and their situations and take the necessary actions to resolve the problems they encounter.

Through our prevention programs, young people can learn new life skills, take leadership roles and build self-esteem, which are essential ingredients to their positive development and successful future.

As a planning and coordinating agency, Youth and Family Services works closely with the schools, police, agencies and organizations to assess community needs, develop strategies and implement effective programs.

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Old Saybrook Youth & Family Services Essential Life Skills Series

The Essential Life Skills Series offers information and practical skill-building to increase our youth's competency and confidence in important foundational life skills. Each class is distinct, taking place in different locations, and taught by various expert professionals from our community. Some classes accommodate parent attendance, and many classes will be open to all Shoreline teenagers. Call OSYFS to register for classes: 860-395-3190. Contact Samantha Steinmacher, MA, EdS for more details.

**THE ESSENTIAL LIFE SKILLS SERIES has been awarded
2018 Program of The Year by CYSA!**

This exciting, award-winning, youth program is returning for the 2018-2019 school year.

Upcoming Classes:

February:

DORM-STYLE COOKING - co-facilitated by Lindsay More

During these two, 30 minute, after school classes at OSHS, students will learn to cook quick, delicious, and inexpensive meals to increase their confidence in the kitchen or dorm room.

Time: 2:10 - 2:40 pm Place: OSHS Culinary Room

Dates: February TBA

March 5th:

GRIT: A Resilience-Building Workshop for High School Students – with Alicia Farrell, PhD

This unique class format teaches concepts of resilience,

self-awareness, and effective problem solving through the process of finding solutions to challenging, dynamic scenarios. Students' concepts of success and failure are also challenged. Time: 6:30 - 8:00 pm Place: Pavilion

Spring:

FINANCIAL LITERACY - presented by financial experts (TBA)

Parents and teens are invited to learn the basics for financial success: banking, credit cards, debt, loans, budgeting, wants vs. needs, and saving money. Details TBA

COLLEGE READINESS: HEALTH & WELLBEING - medical and behavioral health professionals (TBA)

A class open to parents and their college-bound teens. The class will assist parents and teens to effectively navigate the increased autonomy and responsibilities of college, while providing practical information about independently caring for your overall well-being, medical, and behavioral health. Pertinent life skills will be reviewed along with practical know-how. Time: 6:30 - 8:00 pm Place: TBA

Date: April TBA

May 8th:

GRIT: A Resilience-Building Workshop for Middle Schoolers – with Alicia Farrell, PhD

A unique, after school class that introduces topics like resilience, self-awareness, and effective problem solving through the process of finding solutions to challenging, dynamic scenarios. Assumptions about success and failure are also addressed. Open to ages 11-14. Time: 2:40 - 4:00 pm

MODERN PARENTING: LIFE SKILLS FOR OUR KIDS

A parenting class to help you raise confident, competent kids with grit. Old Saybrook Youth & Family Services will be offering this parenting education class to assist parents and guardians in teaching their kids age-appropriate life skills to increase their resiliency, confidence, self-efficacy, and overall mental health. Attendees will gain a fuller understanding of how to raise children with basic life skills: self-management, personal responsibility, time management, financial literacy, self-care, interpersonal skills, and household chores. Betsy Groth, APRN and OSYFS clinician, Samantha Steinmacher MA, EdS, will co-facilitate this class for parents and guardians of children, 3-12 years old. Contact Samantha Steinmacher, MA, EdS for more details.

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Diabetes and the Eye

Diabetes is a disease that affects your ability to produce or use insulin to effectively control the blood sugar (glucose) levels in your body. Too much glucose in the blood for an extended amount of time can damage many parts of your body, including your eyes.

According to the CDC (Centers for Disease Control and Prevention) about 90% of diabetes related vision loss can be prevented with early detection. Yet a study performed by researchers at Wills Eye Hospital saw that 60% of people with diabetes skip their annual exam needed to preserve their vision. It is imperative that people with diabetes get an annual dilated eye exam because ocular complications

due to diabetes may show no signs or symptoms.

When blood vessels in the eye's retina swell, leak, or close off, or if abnormal new blood vessels grow, it is called diabetic retinopathy. People who are at a higher risk of developing diabetic retinopathy are those who have diabetes or poor blood sugar control, women who are pregnant, and people with high blood pressure or high blood lipids.

Diabetes can also cause your vision to change even if you do not have retinopathy. If your blood sugar levels change very quickly, it can affect the shape of your eye's lens which causes blurry vision.

Your vision usually goes back to normal after your blood sugar stabilizes.

According to the Academy of Ophthalmology, the top 5 steps to help prevent diabetic eye diseases are:

1. Get a comprehensive dilated eye exam from your ophthalmologist at least once a year.
2. Control your blood sugar.
3. Maintain healthy blood pressure and cholesterol levels
4. Quit smoking
5. Exercise

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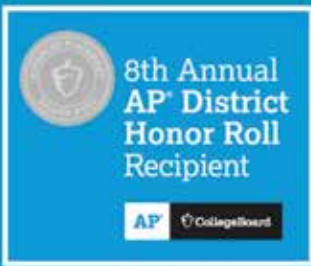
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Cypress Cemetery & the National Register of Historic Places



On October 2, 2018, the Old Burying Ground section of Cypress Cemetery on Saybrook Point was listed on the National Register of Historic Places, this after having been listed on the State Register earlier in the year. The nomination

and listing is significant on the local level for demonstrating the evolution of “funerary art” over three centuries. Cypress Cemetery successfully illustrates the range and scope of funerary art for a period of significance that spans 1679 to 1904.

Specifically, the 3.5 acre nominated area contains a range of funerary art (tombstone carving) dating from the seventeenth century to the recent past, and is notable for its extensive collection of monuments from the Colonial, Early American, and Victorian periods. The listed area is the only burial space in Old Saybrook that reflects evolving burial customs over the designated period of time.

The tombstones in the “Old Burying Ground” include seventeenth and eighteenth century slate headstones carved in the Massachusetts Bay Colony that are typified by the “winged

skulls of death” that symbolize memento mori, or “remember death.” Eighteenth and nineteenth century Connecticut River Valley red sandstone headstones carved primarily in the Middletown/Portland area are typified by “winged effigies,” or more cherub-like faces with wings depicting salvation in the afterlife. Tombstones erected in the nineteenth century are representative of Victorian-era trends in funerary art and include Neoclassical stylistic features like depictions of weeping willow trees and urns. The latter group of headstones also exhibit Gothic Revival detailing depicting Roman and Egyptian architectural styles.

Cypress now has two walking tour exhibit signs that will provide the viewer more detailed information on the cemetery and of the origins of Yale University at the site. Brochures are being developed in an effort to educate the public about the history of the cemetery and of the origins of Yale and how they fit into the historic context of Saybrook Point and the Saybrook Colony in general.

For questions, you can email jhtdownes@gmail.com or contact contact@saybrookhistory.org. Plots are available at Cypress for both full and cremation burials. Call Jim Cahill at: 860-304-4683 for any questions.

Events Presents - SAYBROOK HOME

A new look and name for Saybrook Country Barn

Family owned and operated retailer, Saybrook Country Barn, located in Old Saybrook, CT has a new name for its longstanding retail location. It will now be known as Saybrook Home. A cornerstone of Old Saybrook (located at the foot of Main Street), the 41-year-old business, owned and operated by the Bolles Family, has continued to evolve as one of the area's largest shoreline retail destinations for the home. It started as a 4000 square foot home and barn. Today, it boasts 42,000 square feet of retail shopping, sprawling between 2 buildings featuring fine quality furniture, home décor, exquisite gifts, hardware & lighting, unique area rugs, custom window treatments and a large selection of designer men's and women's apparel and accessories. Saybrook Home also offers custom interior design consultations and personalized shopping experiences by their experienced and professional staff.

"It has been over forty years since my grandmother founded what was originally

the Marlborough Country Barn. She had a simple philosophy for the business: provide great products, with great service, listen to your customers, and live your best life. Well, our customers have spoken and we have listened, which is why we are changing our name from Saybrook Country Barn to Saybrook Home," said Keith A. Bolles, managing partner. "We are excited for our future, and look forward to helping customers Live Their Best Lives for many generations to come."

The new brand, Saybrook Home, achieves that “welcome home” feeling to resonate with existing customers and connect with those of the future. “We wanted to capture the essence of our core values and mission and, at the end of the day, don't we all just feel better when we are at home?” says Cheryl Mader, General Manager at Saybrook Home.

To celebrate the launch of Saybrook Home, the store is dressed and ready for the holidays. From seasonal custom pillows and throws, placed upon today's top furniture brands to favorite designer sweaters and accessories in the apparel



Owners (L-R) Keith A. Bolles, Jane Bolles, Keith Bolles, Sr.

shop, Saybrook Home welcomes you to explore its new brand at their Old Saybrook, CT destination along with a newly designed website saybrookhome.com.

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Old Saybrook Historical Society

Dedicated to Preserving, Protecting and Promoting the History of Old Saybrook

Preservation Award Presented to Barbara J. Maynard

Old Saybrook is the oldest community along the shoreline and like other towns has lost, and remains in danger of losing, many of its unique ties to its historic past. To raise awareness of these exceptional historic resources and recognize individuals who have preserved these treasures, the Old Saybrook Historical Society established a "Preservation Award" and this year's recipient is former eight-time First Selectwoman Barbara J. Maynard, pictured at right, for her lifetime achievements in historic preservation.

"Barbara has a love for her town and a love for history," Old Saybrook Historical Society president Marie McFarlin observed. "We are pleased to present this well-deserved honor to her." Ms. Maynard becomes the third recipient of the Preservation Award after Herb and Sherry Clark, owners of the 1678 Bushnell House and Farm, Boston Post Road and Stephen and Carol Huber, owners of the John Whittlesey House, Ferry Road.

As First Selectwoman from 1973 until 1989, Barbara Maynard led efforts to obtain the Saybrook Point area that included the mini-golf course and the nearby Sandbar Restaurant, today's Vicki Duffy Pavilion. In addition, she negotiated an agreement with the

State of Connecticut for the token \$1 purchase of what today is Saybrook Fort Memorial Park. She also arranged with Violet Harvey to arrange for the town to purchase Harvey's Beach.

Long a lover of local history, she worked with Elaine Staplins to conceptualize the history of Old Saybrook for the tile wall in Acton Library. She was a major contributor to the publication of "Faces and Places," co-author of "Old Saybrook: Postcard History," and instrumental in publishing "Glimpses of Saybrook in Colonial Days" by Harriet Chapman Cheesebrough. "She has been a visionary for practical preservation" according to Society president Marie McFarlin, "and her lifetime achievements have defined our community and made it a unique and better place to live, work and play."

In honor of her achievements, the Historical Society has added



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her name to the "Preservation Plaque" located at the Town Hall and is planting a tree in her honor on the Town Green. Formal ceremonies will be conducted in the spring.

Getting Saybrook Fort on the List

A capacity crowd, above, filled the Vicki Duffy Pavilion at Saybrook Point in mid-October to hear about the plans to list the siege and battles of Saybrook Fort (1636-1637) on the National Register of Historic Places and to take a guided walking tour of nearby sites. Through a project funded by the American Battlefield Protection Program, National Park Service, the Old Saybrook Historical Society is working to help preserve the sites related to Saybrook Fort and to develop educational materials for schools and the public.

Fort Saybrook was the first military post built by English settlers in the Connecticut wilderness and the area at and around the fort became the site for the most prolonged and intensive fighting of the Pequot War. This original fort was constructed in 1636-37 and built at the highest point on Saybrook Point, not to be confused with Saybrook Fort Memorial Park which was the location of the second fort. The first fort was destroyed by fire in 1647.

Over a period of several years' archaeologists and historians from the Mashantucket Pequot Museum and Research Center, working with the Old Saybrook Historical Society, have conducted surveys of the Saybrook Point area to locate the fort and battle sites.

After the walking tour Dr. Kevin McBride and his team from the Mashantucket Pequot Museum and Research Center discussed the development of a walking tour brochure, the placement of historic markers, and the preparation of an application for listing the sites in the National Register of Historic Places, the official list of the Nation's historic places worthy of preservation.

For more information about Saybrook Fort and the project, visit the Historical Society's or the Mashantucket Pequot Museum websites or send an email to: contact@saybrookhistory.org.



Social Studies Teachers Review Local Curriculum

Old Saybrook Social Studies teachers recently reviewed curriculum materials being developed by the Historical Society to promote greater awareness and understanding of the siege and battles at Saybrook Fort and the Pequot War.

After a presentation by educational developer James Powers, the teachers examined several lessons and shared their professional views regarding the appropriateness and usefulness of the materials for their students. Their analysis and observations will be considered and many of their suggestions incorporated into the final product which is expected to be completed by this coming spring. The new materials are intended for use throughout the state and will highlight the significant role played by Saybrook Fort during the Pequot War and the early development of the colony.

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Connecticut Cancer Foundation's Art Gallery

WILLIAM TERNES: New England Impressionist

On view at the CONNECTICUT CANCER FOUNDATION'S ART GALLERY from November 26, 2018 to January 5, 2019.

Curated by Marsha Malinowski of Malinowski & Associates, Fine Art Advisory.



A fine selection of over forty oils and watercolors by New England Impressionist, William Ternes will fill Connecticut Cancer Foundation's Art Gallery for the holiday season. Ternes began his career as a watercolorist becoming a signature member of the New England Watercolor Society and the American

Watercolor Society. His oil paintings of later years retained the sparkle of his watercolors, rendered in the layered depth that oils allow. His love of color and the natural world animated his work, mostly all painted plein air until the very last years of his life.

A portion of all sales will be donated to the Connecticut Cancer Foundation. This sale exhibition is organized and curated by Marsha Malinowski of Malinowski & Associates, Fine Art Advisory. This exhibition is the second to be presented in the new CCF Gallery. The Art Gallery is located at: 15 North Main Street in Old Saybrook, CT.

William Ternes (1933 – 2014) was educated at the University of Wisconsin and Columbia University where he received a B.S. degree in Art Education and an MBA respectively. He has studied at both the School of the Museum of Fine Arts and Massachusetts College of Art. Ternes' paintings have been included in various exhibitions sponsored by the American Watercolor Society, Allied Artists, Audubon Artists, National Arts Club, and Salmagundi Club. He is a member of The Guild of Boston Artists, the Copley Society, and The New England Watercolor Society.

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Old Saybrook Garden Club



Our newest members: From left to right: Sue Loiselle, Membership; Ann Shea, Sponsor; Brenda Dyson, New Member; Suzanne Kerr, New Member; Cathie Johnston, Sponsor; Donna MacNeil, Membership Chair. Missing from picture-Carol Rzasa, New Member. Picture by Shawn Smith.

Winter sure came early this year! We hope you enjoy the winter Main Street medians as it takes the entire membership to fluff and prep the wreaths. Thanks to Larry Bonin and his team for hanging the wreaths.

The Old Saybrook Garden Club successfully removed all the Main Street Median gardens prior to the early snow. Special thanks to the Old Saybrook Police Department and Old Saybrook Public Works Department for their assistance in keeping us safe and helping with the cleanup of the debris. The medians are ready for next year's spring planting.

continued on page 42



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Garden Club... continued from page 41

Speaking of spring, our Club members are meeting and planning for our largest fundraiser, the May Gardeners' Market, which will be held May 10-11, 2019 on the Town Green. Mark your calendars.

The Garden Club will hold a Membership Drive on February 4, 2019 during our scheduled monthly meeting. We cordially invite both ladies and gentlemen who have an interest in joining our Club and are willing to learn and participate in all the Garden Club has to offer. This informative program, "What is a Garden Club" will focus on the Club's mission statement which is: Promote civic projects; Foster interest in horticulture; Promote conservation of natural resources; Education in the art of flower arranging; and Youth programs as they relate to gardening, nature, and conservation. You do not need to be an expert gardener to join the Garden Club, just willing to learn. This Membership Drive will be held at St. Paul Lutheran Church, 56 Great Hammock Road at 10:00 am. Anyone interested is welcome to stay for the scheduled program, "Rock Gardens" presented by Adam Wheeler from Broken Arrow Nursery in Hamden, followed by refreshments. Please RSVP - Donna at: 860-395-1268.

If you cannot attend our Membership Drive but are interested in joining the club, please contact our Membership Chair at: 860-395-1268. Follow the Old Saybrook Garden Clubs activities on Facebook, and "like" us.

Champagne & Sparkling Wine for the Holidays

TIS' THE SEASON AND HOLIDAY SHOPPING IS UPON US

Shopping can be fun, especially if you are in the market for a festive Champagne or Sparkling Wine. There are some important things to know when looking for a 'bubbly' so that you can best decide which to purchase.

Champagne is a region in France, and only wines from this region can be called 'Champagne', all others are considered to be sparkling wine. Champagne is considered in many eyes to be the premier sparkling wine. There are large Champagne houses such as Taittinger, Veuve Clicquot, Perrier Jouet and Moet & Chandon which are very popular and sell extremely well. Smaller, less well known houses that have the grapes grown and produced on the property are called 'Growers Champagnes.' These champagnes are becoming very popular since there is such time and care put into the winemaking process. These Growers Champagnes are of superb quality and are usually a very good value. Many other areas in France produce less expensive sparkling wines including the towns surrounding Champagne, Alsace and the small town of Limoux.

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There are many different styles of Champagne and sparkling wine. The most traditional is a blend of Chardonnay, Pinot Meunier and Pinot Noir. Blanc de Blancs is a sparkling made solely of Chardonnay. Blanc de Noirs is made from Pinot Noir and Pinot Meunier, which has a pinkish hue resembling the color of onion skin due to the grape skins having longer contact with the grapes. Rosé is considered the best wine of the winery and gets its color from still Pinot Noir being added during the winemaking process. Brut is a very dry sparkling wine, drier even than Extra Dry, and a lot less sweet than a Demi-Sec.

Sparkling wines are available from all different parts of the world which can be much less expensive than Champagne. The United States produces a good amount of sparkling wine, most notably in California, but also has a wide selection from Washington and New Mexico. Gruet is by far the most popular sparkling wine producer grown in New Mexico. Spanish sparkling wine is called Cava, and is traditionally made with Macabeo, Parellada and Xarel-Lo varietals. These wines are extremely approachable and

are significantly less money than Champagne. Then there is the very popular Prosecco, a light and pleasing varietal from Italy. Prosecco has grown in popularity over the years, most likely due to its very reasonable pricing and friendly palate. For something a little sweeter Italy also produces fantastic Moscato d'Asti and Spumante sparkling wines.

The Sparkling Rosé compliments any holiday meal it is typically dry and quite refreshing. There are many that are inexpensive ones throughout the world. So you won't be force to buy the very expensive ones from Champagne.

With all this info you should have no problem picking out a perfect sparkling wine for the holidays. So raise your glass, and toast to the holidays with friends and family. Cheers!

Art LiPuma, General Manager,
SeaSide Wine & Spirits

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Connecticut Cancer Foundation - John & Jane Ellis by Sigrid Kun

An enduring promise to help Connecticut cancer patients and their families.

The story of John and Jane Ellis is one of love, inspiration and dedication. She says he had the vision. He says she's the angel who does everything. Together, they are strong individuals who never wavered since John made a most solemn promise.

Born in New London, John was a high school standout in football and baseball. He went on to a 13-year major league baseball career. The catcher debuted in 1969 with the New York Yankees (1969-1972), hitting a home run in his first at bat. He also played for the Cleveland Indians (1973-1975) and Texas Rangers (1976-1981).

A routine life insurance examination revealed a spot. He had been a picture of health - jogging 10 miles a day. At age 38, the 1971 Topps All-Star Rookie had Hodgkin's lymphoma. He had already lost a brother, sister and sister-in-law, each to cancer. "Sitting there in the hole, getting your juice, and breaking it down. I made a deal," explains John. "If you let me live, I'm going to do this. I said I'd dedicate my whole life to the needs of the needy."

That was 1987. Together, the couple started a foundation whose mission has remained steadfast - to provide financial assistance to Connecticut cancer patients and their families and to fund cancer research. He is the Chairman/Founder. She is the President and Executive Director. The formula is simple. Many individuals affected by cancer struggle with basic living necessities. The foundation is there to help.

Oncology social workers in Connecticut provide referrals to the foundation. Applications are reviewed each Monday, with grants made within a week - an unheard of turnaround. If there is an emergency, they will do what they can right away. "It's all local. "You know where the money is going and that makes us unique," notes Jane. To date, the foundation has provided almost \$6 million in financial assistance to CT families and over \$2 million to lymphoma research. A \$7 million endowment ensures its future.

Their signature fundraiser is an annual celebrity dinner first held in 1988 at the Groton Motor Inn. Mickey Mantle, Whitey Ford and Billy Martin were there. "It was like a group of friends, getting together and telling stories," relates Jane. "It was special." The event raised \$100,000. At the end of the evening, Mickey observed "I hope this foundation goes on forever."

The event has grown markedly and is now hosted by a key corporate partner, Mohegan Sun. The next celebrity dinner will be held on February 8, 2019. The list of attendees are a testament to the relationships/trust that the couple forged over the years: Don Zimmer (who once released John), Yogi Berra, Derek Jeter, David Ortiz, Hank Aaron, Carl Yastrzemski, Joe Torre, Reggie Jackson, Mariano Rivera, and Roger Clemens. There are new fundraising initiatives: Cycle Against Cancer,



Left, John and Jane Ellis. Below, from the left, Derek Jeter, Didi Gregorius, Tommy Kahnle and David Robertson attending the 2018 Celebrity Dinner at Mohegan Sun.



New location, right, at 15 North Main Street in Old Saybrook.



the Fishing Against Cancer tournament, and a Speakers Program. And there is assistance for ILROG - the International Lymphoma Radiation Oncology Group. "We're global in nature but local in giving," observes John.

The foundation recently (July 2017) opened its new location at 15 North Main Street in Old Saybrook. Every aspect of the new facility focuses on the foundation's mission. There is a Hall of Fame. "It's a museum piece," says John. "A tribute to some of the wonderful baseball players who helped literally to build the foundation." There is an art gallery to hold exhibits benefitting the foundation. "It's the infrastructure for the next 30 years," says Jane.

John and Jane have assembled plenty of stories. John laughs over that second celebrity dinner when Joe DiMaggio wouldn't sign memorabilia Whitey Ford brought along for him to sign. Yogi Berra successfully intervened. And then there was a single mother whose child was suffering from a rare cancer. "I'll never forget that for the rest of my life," recounts Jane. "They were homeless. She didn't know how to feed her children that evening. We gave her \$2,000. That gave her hope. We continued to help her. We got furniture... I had John schlep it all in his truck."

Thirty years ago, the couple wondered if they'd still be needed. Surely, cancer would be beaten already. "Our mission is more relevant today than 30 years ago," explains Jane. "Everyday expenses...it's so much more expensive to live. Our help is needed more than ever." "There's plenty of work here," adds John. "We look forward to making sure the foundation goes on and on."

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